



April 2023 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Posole w/ Hominy Shredded Cabbage, Cilantro, Radishes Zucchini & Corn Mixed Rice Mandarin Oranges	4 Texas BBQ Beef Sweet Potatoes Cabbage Salad WW Bread Apple	5 Stir Fried Chicken w/ Ginger, Garlic, Scallions, Bean Sprouts, Bamboo Shoots Stir Fried Noodles Broccoli Normandy Pineapple	6 Meat & Cheese Lasagna Marinara Sauce Chickpea Tomato Stew Spinach Peaches WW Garlic Bread	7 BIRTHDAY CELEBRATION! Tilapia w/ Lemon Caper Sauce Quinoa Pilaf Tomato Zucchini Sauté Watermelon
10 Beef Stew w/ Carrots, Celery & Onion Parsley Potatoes Peas & Carrots Whole Wheat Bread Apple	11 Chicken Marsala Mixed Rice Collard Greens w/ Bacon Fruit Cocktail	12 THEME PARTY— Spring is in the Air! Chicken Cordon Bleu Potatoes Gratin Vegetable Medley: Green Beans, Carrots, Squash, Red Pepper WG Bread Banana	13 Pork Zurichoise Mushroom Cream Sauce WG Noodles Red Cabbage Pineapple Presentation: Creating a Balanced Meal at Home	14 Vegetarian Black Bean Chili On a Half Baked Potato w/ Cheese Mixed Rice Broccoli Peaches
17 Pasta Primavera w/ Lemon Chicken Mixed Pasta tossed w/ Broccoli, Carrots, Squash, Red Peppers, Tomatoes, Fresh Parsley Apple	18  Turkey Quinoa Meatloaf Cranberry Chili Glazed Spinach Lentils Wheat Bread Orange	19 Pork Loin with Apple Chutney Sweet Potatoes Green Beans WW Bread Applesauce	20 Roast Beef with Gravy Mashed Potatoes Peas Whole Wheat Bread Banana	21 Thai Chicken Curry w/ Red Peppers, Zucchini, Carrots, Onion Coconut Mixed Rice Pineapple
24 Chicken with Sun-dried Tomato Cream Sauce WG Pasta Italian Vegetables Mandarins	25 BOX LUNCH IN ROOM 118 Asian Cabbage Slaw w/ Beef Quinoa Mixed Cabbage, Carrots, Broccoli, Red Peppers, Scallions, Cilantro, & Ginger Dressing Mandarins	26 Spaghetti with Clam Sauce Spinach Chickpea Stew w/ Garlic & Tomatoes Watermelon	27 BOX LUNCH IN ROOM 118 Chicken Bruschetta on a Wheat Roll w/ Pesto, Tomato, Basil & Provolone Marinated Carrot Salad Banana	28 Chicken and Cheese Enchiladas Mixed Mexican Rice Corn & Black Beans Orange
	Note: 1% Milk served daily*  Denotes meal with more than 1000mg sodium	Free Blood Pressure Checks at the Community Center April 7 & April 20 	Location: Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024	



SENIOR NUTRITION INFORMATION

Now serving plated meals!

Reservations/Cancellations

To make a reservation call the Lunch Reservation Line at
760-943-2258.

Reservations are required and may be made until
9:00 a.m. one business day before you would like to have lunch.
Monday reservations are due no later than 9 a.m. the Friday prior.

Check-in for lunch between 11:00 a.m. and 11:30 a.m.
Lunch is served at 11:40 a.m.

Suggested contribution for Seniors 60+ is \$4 per meal, anonymous.
Guest and non-senior (under 60) meal fee is \$7.00

Van Transportation

Van transportation to and from the lunch program is available for
qualified participants who have an approved application on file.
Must be an Encinitas resident age 60+ with no other means of
transportation.

How Are We Doing?

Compliments, suggestions, and grievances about this program are
welcomed via phone or mail. Let us know how we can best serve you.

No eligible person shall be denied a meal because of inability to contribute.

The Encinitas Senior Nutrition Program is supported by the City of Encinitas, meal
donations, and the Older Americans Act grant funds which are awarded through
San Diego County Aging & Independence Services.